

Steps of Ihram

IHRAM	Bathe, put on Ihram clothes
	Two rakah (nafl) – with the intention of doing Ihram
	Recommended for males to also cover their head (w/prayer cap)
	1st Rakah recite: Surah Kafirun / 2nd recite : Surah Ikhlas (Qul hu-allah- hu ahad)
	After nafl salah: Remain seated facing Qiblah
	Men uncover head and make niyaaah for Ihram
Niyah for Umrah	“O Allah, I intend performing Umrah, render it easy for me, and accept it from me.”
Make Talbiyah (3 times)	<p style="text-align: center;">لَبَّيْكَ اللَّهُمَّ لَبَّيْكَ ۞ لَبَّيْكَ لَا شَرِيكَ لَكَ لَبَّيْكَ إِنَّ الْحَمْدَ وَالنَّعْمَةَ لَكَ وَالْمُلْكَ ۞ لَا شَرِيكَ لَكَ</p> <p>“Here I am at Your service O Allah, I am present, I am present. You have no partner, I am present, All praise and graciousness as well as the entire Universe is Yours, You have no partner.”</p>
Dua’	Recite Darood and supplicate to Allah Almighty any du'a in Arabic or in your own language. (pray that your Umrah is easy and accepted)
Things that are prohibited while in Ihram	<ol style="list-style-type: none"> 1. Clipping nails 2. Using perfume / fragrance 3. For men only: wearing sewn clothes (including underwear) 4. For men only: wearing shoes or socks 5. For men only: covering the head 6. Quarreling with others 7. Killing the insects on one’s body 8. Using cosmetics 9. Applying oil on the body 10. Getting rid of bodily hair 11. For women: covering the face 12. Romance between husband and wife 13. There are additional rules – please look up
Journey towards Kabah	Recite Talbiyah frequently. (See Talbiya section above)

<p>Entering Masjid Al-Haram</p>	<p>Enter Masjid reciting Talbiyah (preferably through Bab-as-Salam or Bab-Umrah) with right foot first</p> <p>Make dua and niyyah for nafl itikaf I intend to make itikaf until I remain in the masjid.</p>
<p>First Sight</p>	<p>Say “Allahu Akbar La Ilaha Illallah” (3 times) and Recite Durood</p> <p>Make dua (highly accepted)</p> <ul style="list-style-type: none"> • Entry into jannah without account • That other duas be accepted • Ya-Rabb, make this Umrah easy for me and accept it from and make me complete the way you like it <p>(The idea is to praise and glorify your Creator before proclaiming Durood and supplications. Therefore, in lieu of Allahu Akbar and La Ilaha Illallah, you may recite some other similar holy verses if you so desire.)</p> <p style="text-align: center;">“Subhan Allah Wabe Hamde hi Subhan Allah Hil Azeem” “Subhan-Allah wal-hamdu-lillahi wa la ilaha ill-Allah wa-Allahu Akbar wa la haula wa la quwwata illa-billah”</p> <p>Move forward to perform Tawaf of Ka’bah while reciting Talbiyah.</p>
<p>Tawaf for Umrah</p>	<p>Wudhu is needed for Tawaf.</p> <p>Iztaba – Men: bares the right shoulder.</p> <p>stopped Reciting of Talbiyah is when you reach Hajar-e- Aswad (the starting point of tawaf).</p> <p>Niyyah for Tawaf - Stand in front of Ka’bah facing Hajar-e-Aswad (the Black Stone) in such a way that the whole Hajre-e-Aswad is on your right side. Then without raising your hands make Niyyah (intention) for Umrah:</p> <p style="text-align: center;">"O Allah, I perform Tawaf of Umrah to please You. Make it easy for me and accept it from me."</p> <p>Now raise your hands to your ear and say:</p> <p style="text-align: center;">“Bismillahi Allahu Akbar Wa Lilla Hil Hamd”</p>

Detailed Steps of Umrah

<p>Istilam</p>	<p>Now moving towards right, come in front of Hajar-e-Aswad and kiss it if possible, or raise your hands to your ears keeping your open palms towards Hajre-e-Aswad, feet towards the flow of traffic and chest moved so that facing Hajar-e-Aswad and say:</p> <p style="text-align: center;">“Bismillahi Allahu Akbar Wa Lilla Hil Hamd”</p> <p>and drop your hands down. Now point the palms of your hands again towards Hajar-e-Aswad and kiss them gently.</p>
<p>Start of Tawaf</p>	<p>- Turn right and start tawaf counter clockwise. During tawaf, it is not permissible to face or turn your back towards Ka’bah except when you are kissing or pointing towards Hajar-e-Aswad.)</p>
<p>Ramal (recommended for men but not required – check with scholar)</p>	<p>- For the first three circuits men should move their shoulders and walk with quick short steps. They walk normally during the remaining four circuits.</p>
<p>Supplications of Tawaf</p>	<p>- There are no fixed supplications for tawaf so make dhikr, recite Quran, recite kalimah while making tawaf. Ask for forgiveness, guidance, blessings, security. Recite the following:</p> <p style="text-align: center;">“Subhan Allah Wabe Hamde hi Subhan Allah Hil Azeem”</p> <p style="text-align: center;">“Subhan-Allah wal-hamdu-lillahi wa la ilaha ill-Allah wa-Allahu Akbar wa la haula wa la quwwata illa-billah”</p> <p>You may also use supplications used in the daily Salah or you may seek forgiveness of Allah and ask Him whatever you wish in your own language.</p> <p>After passing the three corners of the Ka’bah you reach the fourth corner known as Rukn Yamani. If possible touch it with both hands or with right hand. Between the Yamani corner and Hajj-e-aswad recite:</p> <p style="text-align: center;">“Rabbana atina fid-dunya hasanatan wa fil-akhirati hasanatan wa qina azabin-nar.”</p>

<p>Seven Circuits</p>	<p>Reaching Hajj-e-aswad starts your next circuit. Each time Hajj-e-aswad is passed recite:</p> <p style="text-align: center;">"Bismillahi Allahu Akbar Wa Lilla Hil Hamd"</p> <p>Each time Yamani corner is passed recite:</p> <p>"Rabbana atina fid-dunya hasanatan wa fil-akhirati hasanatan wa qina azabin-nar."</p>
<p>Maqame Ibrahim</p>	<p>Now men cover both shoulders. Offer 2 rakahs of nafil behind Maqame Ibrahim (niyah 2 rakah nafil wajib al tawaf). If its not possible to offer here then offer anywhere in the masjid. 1st Rakah recite: Surah Kafirun and 2nd recite: Surah Ikhlas</p>
<p>ZamZam</p>	<p>- Make dua at this location</p> <p>May Allah (swt) quench our physical and spiritual thirst in the same way that the water quenched this thirst</p> <p>Drink water in 3 breath and start with Bismillah and end with Alhamdulillah. Drink while standing.</p> <p style="text-align: center;">اللَّهُمَّ إِنِّي أَسْأَلُكَ عِلْمًا نَافِعًا وَرِزْقًا وَاسِعًا وَشِفَاءً مِنْ كُلِّ دَاءٍ</p> <p>O Allah, I am asking You for beneficial knowledge. and abundance in provision, and cure from every ailment.</p>
<p>Multazam</p>	<p>- Place five or six feet in length between Hajar-e-Aswad and the door of Ka'bah. This is a highly sacred place where prayers are accepted. Among a large crowd of people, if it is possible to reach Multazam, cling to it pressing your chest and cheeks, and while trembling and crying with devotion and with all humility seek Allah's mercy, His blessings and ask Him whatever you wish. If you are unable to come close to Multazam, just face towards it and supplicate from a distance.</p>

<p>Sa'ey</p>	<p>Wudhu is not needed for Sa'ey. Sa'ey starts at Safa and ends at Marwah (7 times)</p> <p>Dua' of Hajar-e-Aswad - Before starting Sa'ey, do dua of Hajar-e-Aswad again</p> <p>"Bismillahi Allahu Akbar Wa Lillah Hil Hamad."</p>
<p>Niyyah for Sa'ey</p>	<p>- Climb the hill of Safa and make intention (niyyah) for Sa'ey:</p> <p style="padding-left: 40px;">"O Allah! I perform Sa'ey between Safa and Marwah to please You. Make it easy for me and accept it from me."</p> <p>Now recite:</p> <p style="padding-left: 40px;">"Inn-as-Safa wal-Marwah min Sha'a'irillah."</p> <p style="padding-left: 40px;">(Indeed Safa and Marwah are among the Signs of Allah.)</p> <p>After this climb Safa to the point from where you can see the Ka'bah, then facing the Ka'bah raise your hands in supplication, say</p> <p style="padding-left: 40px;">Say Allahu Akbar La Ilaha Illallah (3 times) and Recite Durood Sharif</p> <p>The following can also be recited:</p> <p style="padding-left: 40px;">"La ilaha ill-Allahu wahdahu la Sharika lahu, la hul-mulku wa la hul-hamdu wa 'ala kulli shai'in Qadeer."</p> <p style="padding-left: 40px;">"Bismillahi Allahu Akbar Wa Lillah Hill Hamd"</p> <p>Make dua (for a few minutes)</p> <p style="padding-left: 40px;">From this barren land You raised the well and established civilization and din. So, from my spiritually barren heart do the same and from my spiritually barren land do the same. At Dar al-Arqam You gave Hazrat Umar the taufiq to convert. So, as I pass by this area grant me the same favor towards the din that you granted Hazrat Umar</p> <p>. Come down from Safa and move towards Marwah while reciting this supplication:</p>

<p>Proceed towards Marwah</p>	<p>Subhan-Allah wal-hamdu-lillahi wa la ilaha ill-Allah wa-Allahu Akbar wa la haula wa la quwwata illa-billa hil aliul Azeem."</p> <p>"Rabbighfir warham antal a'azzul akram" (My Cherisher and Sustainer. forgive and have Mercy. You are Most Powerful and Most Generous)</p> <p>"Astaghfirullah Rabbi Min Kulli Zambiyon Wa Atoobu ilaiyh"</p> <p>If you don't remember this supplication also, recite <i>Subhan Allah, Alhamdu Lillah, Allahu Akbar</i> repeatedly and keep moving. You may also praise Allah and ask for His mercy in your language or use supplications taken from the daily Salah.</p> <p>When you reach two green pillars between which men have to run but the women walk with their normal pace.</p>
<p>At Marwah.</p>	<p>When on top of marwah, praise Allah facing the Ka'bah and repeat the same supplications that were recited at Safa.</p> <p>Say Allahu Akbar La Ilaha Illallah (3 times) and Recite Durood Sharif</p> <p>The following can also be recited:</p> <p>"La ilaha ill-Allahu wahdahu la Sharika lahu, la hul-mulku wa la hul-hamdu wa 'ala kulli shai'in Qadeer."</p> <p>"Bismillahi Allahu Akbar Wa Lillah Hill Hamd"</p>
<p>Nafil Salaat</p>	<p>– 2 rakat nafil salat (preferably in the area where tawaf is performed)</p>
<p>DUA</p>	<p>- O my Allah! You listen to my speech and You see my condition and position, You are aware of that which is concealed of me and that which is evident. None of my matters are hidden from You. I am afflicted with hardship and distress (misery), needy (of Your Threshold). I lodge my complaints only to You, I seek only Your protection I am over- come by Your fear, I acknowledge and accept my sins and shortcomings.</p> <p>I beg of You like that destitute who has no support and is lonely. I plead in Your presence like a disgraced sinner. I pray to You, the prayer of one who is overcome with Your fear and is afflicted with pain and distress, like the prayer of one whose head is hung down before You and whose tears are flowing in Your presence, whose body is humbled before You and rubbing his nose before You. O Allah! Do not reject my prayer and deprive me and be beneficent to me and have mercy upon me, O He who is the best and the greatest Deity, O He who is the most Generous.</p>
<p>Halaq</p>	<p>Trim or shave hair. Shaving is preferred for men. Women are only allowed to have a lock of their hair clipped. Umrah is complete. The restrictions of Ihram are finished.</p>